

## **Self-Management Checklist Explanation**

The adult assistant helping the student with diabetes will be the one to determine proficiency with each skill.

At the completion of each level, a predetermined award will be given.

### **Level One**

#### **Blood Glucose monitoring**

**Wash Hands at appropriate times** – Student washes hands without prompting each time he/she checks BG. If hand sanitizer is used, hands need to be dry before pricking

**Knows where supplies are kept** – Knows where supplies are kept

**Gather supplies** – Student brings glucometer, strips, lancets, etc. to testing location and prepares them for checking

**Turn on glucometer properly** – Inserts strip to turn on meter. Checks codes on strips when necessary

**Chooses finger to prick** – Student chooses which finger he/she wants pricked

**Punctures skin with lancing device** – Independently pricks finger

**Obtains adequate blood sample** – Gets enough blood for correct reading

**Put drop on test strip** – Able to put blood on test strip

**Dispose of strips and cleans up other supplies appropriately** – Student puts strips, tissues, etc. in garbage, lancet needle in sharps container, puts glucometer and lancet away.

#### **Recording**

**Reads results on glucometer & records it in their log** – Student can copy numbers onto Diabetes Log. Parents may not want/need log, but school procedure is that we keep track of time and results.

**Informs appropriate adult assistant/staff of BG level** – Reports BG number immediately after checking

#### **Hype & Hyper Management**

**Knows when they need a peer buddy** – Can *verbalize* that needs peer buddy when leaving classroom and feels symptoms of low blood glucose and *is accompanied* by peer buddy at appropriate times

#### **Administration of Insulin**

**Choose injection site and pinches skin** – Picks appropriate site and assists by pinching skin for adult to administer insulin

## **Other**

**Is cooperative in diabetes management** – Is willing take time for glucose checks and helps

## **Level Two**

### **Hypo & Hyper Management**

**Knows target range** – Can tell what numbers are in “normal” range for student

**Recognizes whether blood glucose number is high or low** – Can tell if the number on the glucometer is higher or lower than target range (May need a chart to visually see numbers while learning)

**Seeks help from proper adults if any problems with diabetes occur** – Knows when needs help and feels comfortable communicating any problems with diabetes care ton adults

### **Carb Management**

**Makes menu choices at lunch** - Chooses which foods wants to eat at lunch. This may be done with parent the night before or with adult assistant just before lunch is served

**Begins to identify which foods do or do not contain carbs** – Begins to know which foods need insulin coverage by looking at carb counting source. Quizzing student each day as choices are made will help him/her learn.

### **Administration of Insulin**

**Syringes or Pens** – Assists and is cooperative with injections

## **Level Three**

### **Recording**

**Can record amount of carbs to be eaten and amount of insulin to be given** – is able write down numbers of carbs to be eaten and how much insulin to be given. Total and numbers is done by adult assistant, Student is only WRITING the numbers in the log.

### **Hyper & Hypo Management**

**Verbalizes own signs and symptoms** – Is able to TELL you the symptoms of how he/she feels if they are high or low

**Recognizes own signs & symptoms** – Knows how the signs and symptoms FEEL when he/she is high or low

## **Carb Management**

**Knows where to find and identify amount of carbs (ie. Nutrition labels, carbs lists, etc.)** – Can show you where to find the information needed to calculate carb counting

**Cooperates with adult assistant/staff to calculate insulin injection**

**Identifies correct portion sizes for carb counting** – Knows how much of each food corresponds to the carb count

## **Time & Place**

**Knows when he/she should be tested throughout the day** – Knows to be tested before recess, lunch, before, PE (according to care plan)

**Informs PE/PREP teachers of diabetic needs** – Makes teachers aware of needing to check BG, feeling signs & symptoms, any situation that may require treatment for diabetic needs.

**Takes emergency equipment with them during fire drills, etc.** – Remembers to take supplies and “snack pack” with him/her during drills.

## **Administration of Insulin**

**Can independently draw up/dial correct dose of insulin** – (For student using Pen or Syringe) is able to prepare dose of insulin

**Inputs the correct # for carbs consumed & BG for insulin bolus** - for students using pumps)– Can enter total number of carbs eaten into insulin pump

**Ensure pump and tubing safety during physical activities**- Takes responsibility to secure pump and tubing when engaging in PE, recess, etc.

## **Other**

**Works with parents to keep supplies stocked** – Is able to notify parent to replenish supplies when necessary

## **Level Four**

### **Recording**

**Keeps daily records of insulin dose, carbs, and blood glucose levels** –Has diabetic log and records diabetic activity daily

### **Hyper & Hypo Management**

**Takes appropriate actions for low and high blood sugar**- Knows how to treat for blood sugars out of target range by self

## **Carb Management**

**Can calculate carbs with calculator** - Can list carbs to be eaten and add together with calculator

**Can identify and calculate amount of carbs in foods eaten**

## **Time & Place**

## **Administration of Insulin**

**Syringe or Pen – Can calculate insulin to carb ratio for insulin dose**

**Syringe or Pen – Calculate insulin based on BG level (correction dose)** - Knows correction sliding scale and how to dose

**Pump – Identify and respond to pump alarms**

## **Level Five**

## **Hyper & Hypo Management**

**Takes correct action when signs or symptoms occur** – Recognizes what to do and does it

## **Administration of Insulin**

**Can independently administer insulin dose**

## **Other**

**Can advocate for self**

**Calculate insulin based on BG level** – Knows correction sliding scale and how to dose